

Group XV. No. 327

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# SPALDING'S

ATHLETIC LIBRARY

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By W. J. CROMIE

AMERICAN SPORTS PUBLISHING CO.

21 Warren Street, New York



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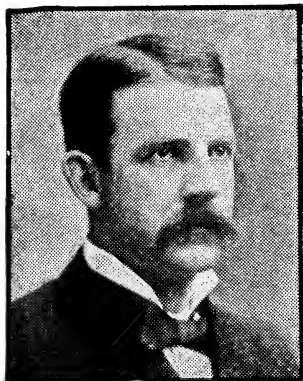
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# Spalding's Athletic Library



A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing, until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial

number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

## EDITORS OF SPALDING'S ATHLETIC LIBRARY

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:



### JAMES E. SULLIVAN

President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every championship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.

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### WALTER CAMP



For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned, Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.

### DR. LUTHER HALSEY GULICK



The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan, organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.

### JOHN B. FOSTER



Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

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### **TIM MURNANE**

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.



### **HARRY PHILIP BURCHELL**

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.



### **GEORGE T. HEPBRON**

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball

Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.



### **JAMES S. MITCHEL**

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

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### **MICHAEL C. MURPHY**



The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

### **DR. C. WARD CRAMPTON**



Succeeded Dr. Gulick as director of physical training in the schools of Greater New York; as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

### **DR. GEORGE J. FISHER**



Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

### **DR. GEORGE ORTON**



On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

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### **FREDERICK R. TOOMBS**

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.



### **R. L. WELCH**

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.



### **DR. HENRY S. ANDERSON**

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.



### **CHARLES M. DANIELS**

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.



### **GUSTAVE BOJUS**

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

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### **CHARLES JACOBUS**

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.



### **DR. E. B. WARMAN**

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.



### **W. J. CROMIE**

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.



### **G. M. MARTIN**

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.



### **PROF. SENAC**

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

# SPALDING ATHLETIC LIBRARY

Giving the Titles of all Spalding Athletic Library Books now  
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### Cricket

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- No. 157 How to Play Lawn Tennis.
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The leading Base Ball annual of the country, and the official authority of the game. Contains the official playing rules, with an explanatory index of the rules compiled by Mr. A. G. Spalding; pictures of all the teams in the National, American and minor leagues; reviews of the season; college Base Ball, and a great deal of interesting information. Price 10 cents.

### No. 202—How to Play Base Ball.

Edited by Tim Murnane. New and revised edition. Illustrated with pictures showing how all the various curves and drops are thrown and portraits of leading players. Price 10 cents.

### No. 223—How to Bat.

There is no better way of becoming a proficient batter than by reading this book and practicing the directions. Numerous illustrations. Price 10 cents.

### No. 232—How to Run the Bases.

This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated. Price 10 cents.

### No. 230—How to Pitch.

A new, up-to-date book. Its contents are the practical teaching of men who have reached the top as pitchers, and who know how to impart a knowledge of their art. All the big leagues' pitchers are shown. Price 10 cents.

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### No. 225—How to Play First Base.

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Third base is, in some respects, the most important of the infield. All the points explained. Price 10 cents.

### No. 228—How to Play Shortstop.

Shortstop is one of the hardest positions on the infield to fill, and quick thought and quick action are necessary for a player who expects to make good as a shortstop. Illus. Price 10 cents.

### No. 224—How to Play the Outfield.

An invaluable guide for the outfielder. Price 10 cents.

### No. 231—How to Coach: How to Captain a Team; How to Manage a Team; How to Umpire; How to Organize a League; Technical Terms of Base Ball.

A useful guide. Price 10 cents.

### No. 219—Ready Reckoner of Base Ball Percentages.

To supply a demand for a book which would show the percentage of clubs without recourse to tedious work of figuring, the publishers have these tables compiled by an expert. Price 10 cents.

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#### No. 1A—Spalding's Official Base Ball Record.

Something new in Base Ball. Contains records of all kinds from the beginning of the National League and official averages of all professional organizations for past season. 10 cents.

#### No. 319—Minor League Base Ball Guide.

The minors' own guide. Edited by President T. H. Murnane, of the New England League. Price 10 cents.

#### No. 320—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages, and a schedule of the National League for the current year, together with list of club officers and reports of the annual meetings of the League. Price 10 cents.

#### No. 321—Official Handbook of the National Playground Ball Association.

This game is specially adapted for playgrounds, parks, etc., is spreading rapidly. The book contains a description of the game, rules and officers. Price 10 cents.

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### No. 2—Spalding's Official Foot Ball Guide.



Edited by Walter Camp. Contains the new rules, with diagram of field. All America teams as selected by the leading authorities; reviews of the game from various sections of the country; scores; pictures. Price 10 cents.

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Edited by Walter Camp, of Yale. Everything that a beginner wants to know and many points that an expert will be glad to learn. Snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.

### No. 2A—Spalding's Official Association Soccer Foot Ball Guide.

A complete and up-to-date guide to the "Soccer" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated. Price 10 cents.

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Contents include reports of all important tournaments; official ranking from 1885 to date; laws of lawn tennis; instructions for handicapping; decisions on doubtful points; management of tournaments; directory of clubs; laying out and keeping a court. Illustrated. Price 10 cents.

### No. 157—How to Play Lawn Tennis.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes. Illustrated. Price 10 cents.

### No. 279—Strokes and Science of Lawn Tennis.

By F. A. Vail, a leading authority on the game in Great Britain. Every stroke in the game is accurately illustrated and analyzed by the author. Price 10 cents.

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The official year book of the game. Contains the official rules, statistics of leading teams and players, records, review of the different sections of the United States and Canada. Price 10 cents.

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Contains the official rules of the Association, constitution, rules of competition, list of officers, and pictures of leading players. Price 10 cents.

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## No. 7—Spalding's Official Basket Ball Guide.

Edited by George T. Hepburn. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country. Illustrated. Price 10 cents.



## No. 193—How to Play Basket Ball.

By G. T. Hepburn, editor of the Official Basket Ball Guide. Illustrated with scenes of action. Price 10 cents.

## No. 318—Official Basket Ball Guide for Women.

Edited by Miss Senda Berenson, of Smith College. Contains the official playing rules and special articles on the game by prominent authorities. Illustrated. Price 10 cents.

## BASKET BALL AUXILIARY.

## No. 323—Collegiate Basket Ball Handbook.

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WILLIAM J. CROMIE  
Instructor in Gymnastics, University of Pennsylvania, Philadelphia.

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GROUP XV.

No. 327

# PYRAMID BUILDING WITHOUT APPARATUS

## PART I

By WILLIAM J. CROMIE

Instructor in Gymnastics, University of  
Pennsylvania, Philadelphia



AMERICAN SPORTS PUBLISHING COMPANY  
21 WARREN STREET  
NEW YORK

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## FOREWORD

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Five years ago, when the editor of this booklet was physical director of the Germantown Young Men's Christian Association, he organized a pyramid-building club among the members of the physical department.

Upon looking for suggestions concerning this line of work it was discovered that there were no American books devoted to pyramid building. Most of those that were to be had were published in either Germany or England, and were wood cut illustrations, many of which were impracticable. The editor then conceived the idea to photograph groups after practice, and thus have the illustrations serve as an incentive to greater endeavor among the members of this club, and furthermore to compile booklets which might be of use to other organizations and clubs.

The groups compiled in these booklets are merely suggestions, the editor claiming no originality, as one pyramid suggests dozens of others; in fact, there is no limit to the possibility of this form of exercise.

The editor desires to thank the men and boys of the Germantown Young Men's Christian Association who assisted in the work of building these groups, and to F. H. Benrath, who was the enthusiastic captain of the club for over two years. Credit is also due A. J. Himmelsbach, who is now physical director of the Germantown Young Men's Christian Association, and to H. L. Keire, W. H. Jacoby and J. H. Frick, who assisted in photographing the various groups.

The illustrations of the pyramids with steel wands in Part II (No. 329 of Spalding's Athletic Library, price 10 cents) were posed for by members of the pyramid club of the University of Pennsylvania, of which M. B. Homer is captain. The editor appreciates their co-operation.

W. J. CROMIE.

219068



## INTRODUCTION TO PYRAMIDS WITH AND WITHOUT APPARATUS

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The building of human pyramids has had a long and honorable history among the peoples of Asia and the Levant. In Venice, the rival factions, the Castellans and Nicolites, were wont to settle their differences by these team contests of strength and skill.

These "Labors of Hercules," as they were called, were composed of as many as thirty men, built up in diminishing tiers. In these pyramids they formed wide-spreading arches, colonnades, and, in fact, all the wonders of architecture with their own bodies.

Tumbling is one of the most popular exercises in the gymnasium, but the learning of a progressive series of tumbling movements takes much training and more practice. In consequence, few members of a class attain any great perfection.

The building of pyramids is, however, within the reach of almost any average boy, and the variety is limited only by the skill of the members of the team.

Pyramid building cultivates daring and balance in the top men who have to climb, dismount and maintain their unstable footing, and it develops strength and muscular control in the supporting man, giving him that muscular sense by which a man learns to judge weight and the direction of forces. Nothing is better for the promotion of unselfish team work.

The well-built pyramid should always have architectural qualities, a succession of arches, horizontal, vertical or oblique lines, giving it unity of composition and solidity of construction. Much can be added to their effectiveness by the way mounts and dismounts are made and the posture of the team when at rest as well as in action.

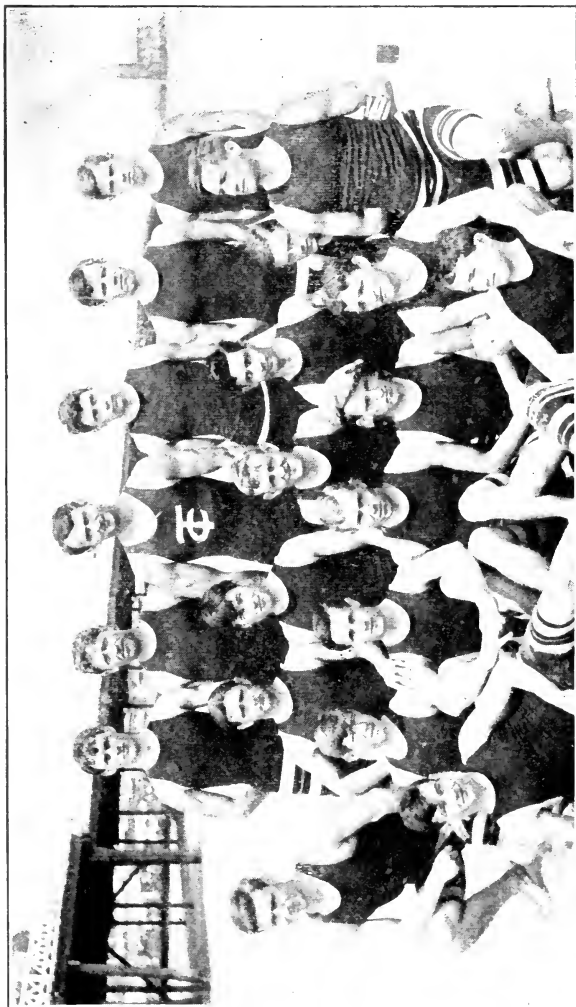
A team should be chosen with an eye to balance and the matching of figure to figure, and the graceful candidate should always have precedence over the awkward.

The possible combinations are greatly extended by the use of wands, chairs, tables, ladders, parallel bars, or the horizontal bar.

In bringing together the following typical pyramids with and without apparatus, Mr. Cromie has done a real service to this fascinating and beautiful specialty of gymnastics.

R. TAIT MCKENZIE.

University of Pennsylvania,  
Philadelphia, Pa.



A GROUP OF GERMANTOWN Y. M. C. A. PYRAMID BUILDERS

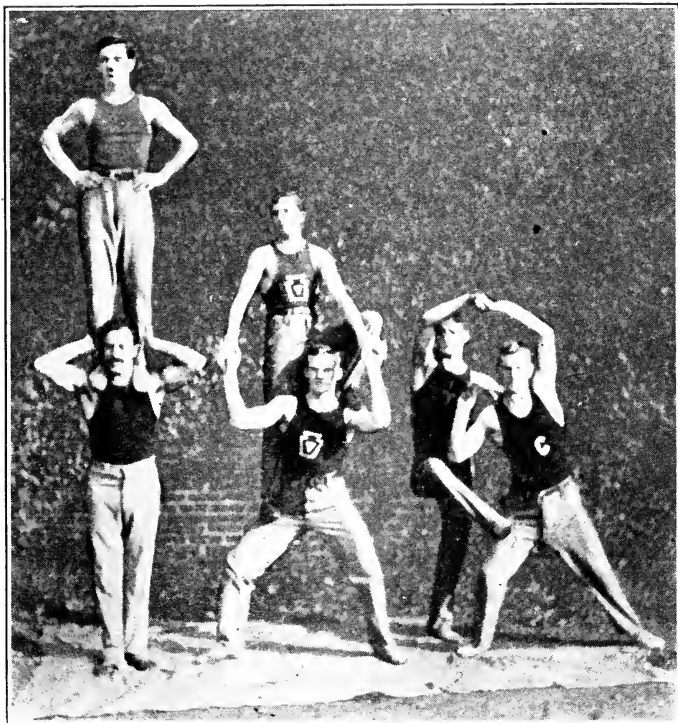


FIGURE NO. 1. Shows how the mount to shoulders is accomplished.

In section 1 the bottom man gives the one who is mounting a reverse grasp of the left hand; the mounter places his right foot well up upon the bottom man's thigh. In section 2 the top man places his left foot upon the bottom man's left shoulder and in section 3 the other foot is brought up and the two high is complete. The bottom man takes a firm hold of the top man's ankles, while the top man presses his ankles hard against the under man's head.

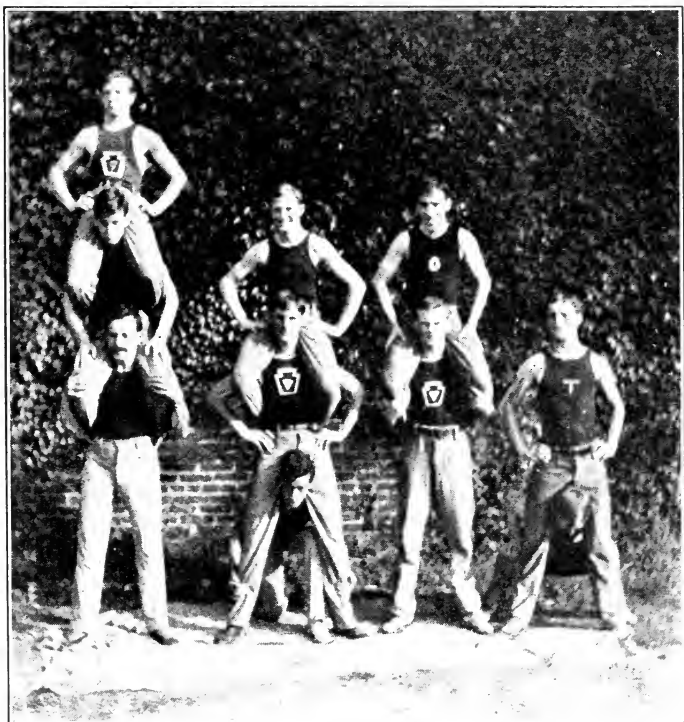


FIGURE NO. 2. The bottom man in section 1 places his head between the legs of upper man and raises him as in section 2. The two high sitting on shoulders, is accomplished as illustrated in sections 3 and 4.

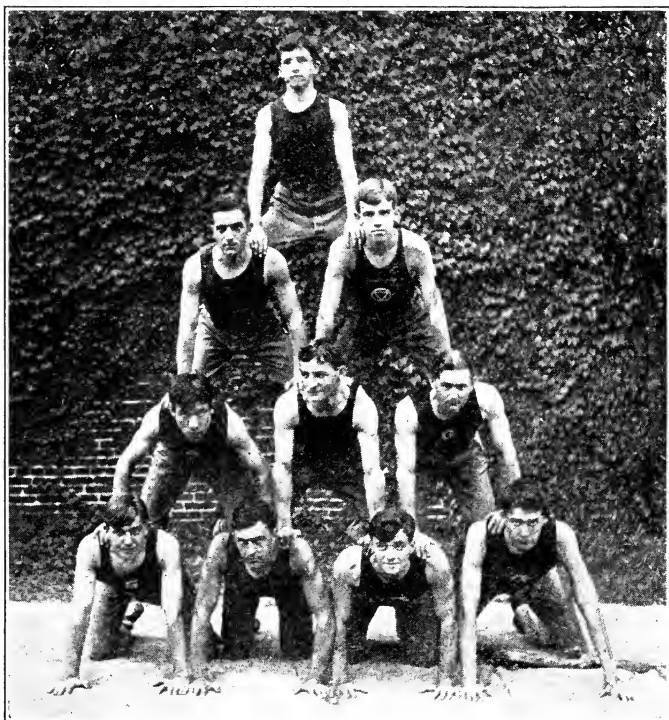


FIGURE No. 3. The kneeling pyramid can be built 2, 3, 4, 5 or even 6 high, although 5 is about the best height, as the backs of the fifth tier are too slanting. An effective pyramid for an exhibition is 5 high for a center piece, two 4 high at each side of the center, 3 high at each side of the 4's, then 3 high, 2 high, and finally one at each end. This makes 55 men in all.

			X	X	X			
			XX	XX	XX			
		X	XXX	XXXX	XXX	X		
	XX	XX	XXXX	XXXXX	XXXX	XX	X	
X	XX	XXX	XXXXX	XXXXXX	XXXXX	XXX	XX	X



FIGURE NO. 4. This is the finish of the No. 3 pyramid. When the command to fall is given all men in the group should extend arms and legs together and all will "land" without getting hurt.

A novel way in an exhibition when the performers are on a stage is to buckle the strap of a suspended lunger around the body of the top man, and when the men "squash" as in the illustration the top man is "swimming" in mid-air.

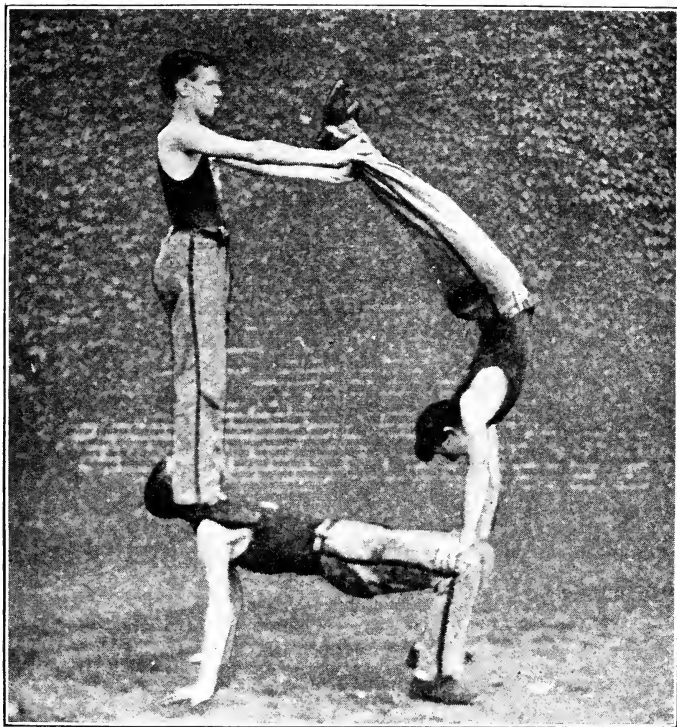


FIGURE NO. 5. Many of the smaller pyramids can be performed in gymnasium classes. Last year a series of these were conducted at the University Gymnasium very successfully. Preliminary to building practice head and hand stands; one row of men assist the other. Practice sitting and standing on shoulders, etc.

In this illustration the men stand three deep. At count 1 a back leaning rest is performed, count 2 stand on shoulders, 3 hand stand, and 4, push hand stand away and dismount. Number 1 and 3 change places and repeat; then 2 and 3 change places. Each man shall then have performed all three positions in the pyramid.

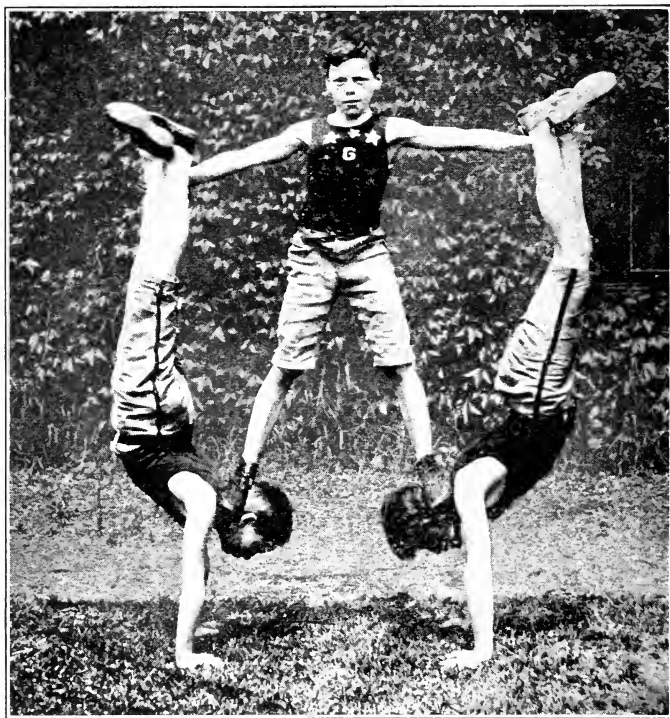


FIGURE No. 6. A neat balance feat; the boys like it.

The persons standing on hands should have heads up and backs well arched. Top man steps on necks lightly one foot after the other. The body is not so likely to turn if the feet are crossed, but not so graceful as when side by side.



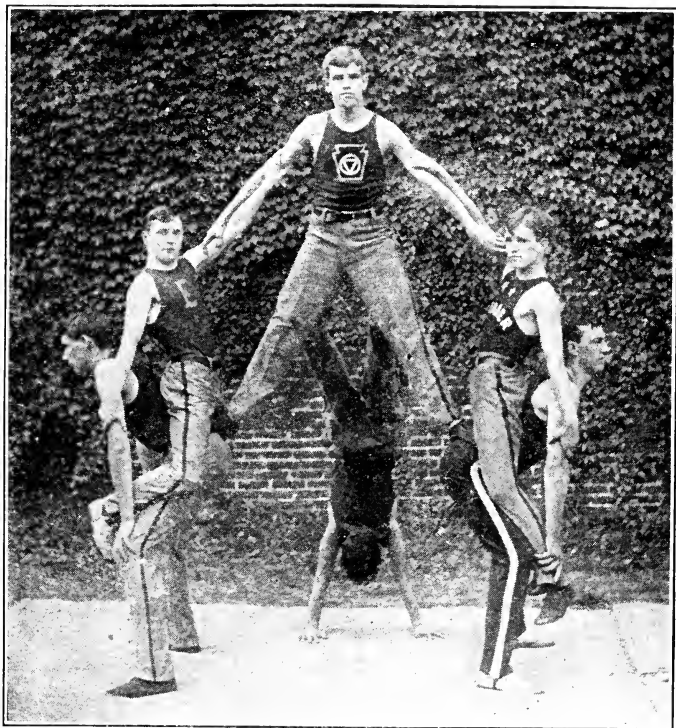


FIGURE No. 7. The two bottom men perform a stoop stand position and hold legs of the men in sitting posture. The hand stand looks better if performed in front.



FIGURE No. 8. The men standing should put the bulk of the weight upon the thighs of the center man and very little on the shoulders of the hand stand men.



FIGURE No. 9. This is a walking pyramid and looks nice if the men are all in step. Eight or ten such pyramids in line look well in an exhibition. Ten such pyramids will require 60 men, so large numbers can be used, and they are easy to execute.

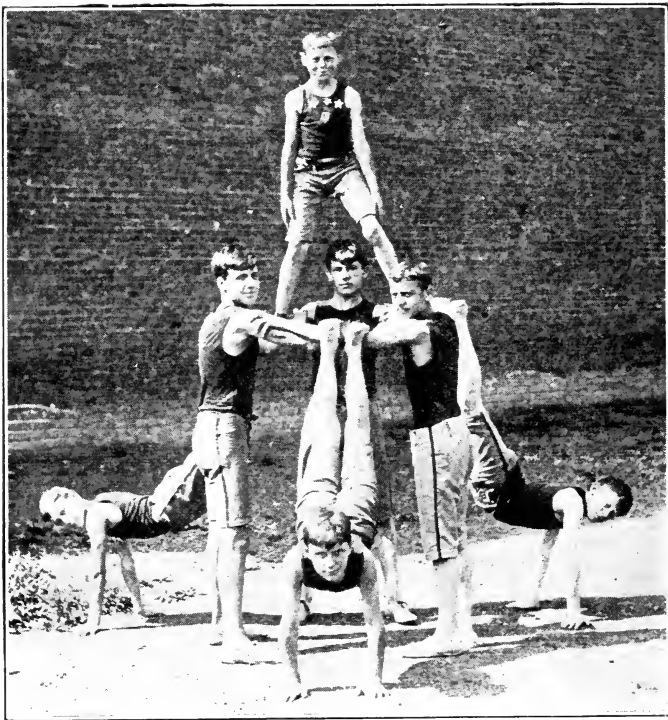


FIGURE NO. 10. This is an excellent pyramid for boys, as it looks good, is easy of execution, and is not dangerous. The boys facing each other can help those on the hands either by starting from knees or by holding feet. It is not so hard to hold as a hand balance as it is between this and a front leaning rest. Eight or ten boys can form the circle; finish by the top boy jumping down in center; those on hands front roll, those standing back roll and center neck spring.

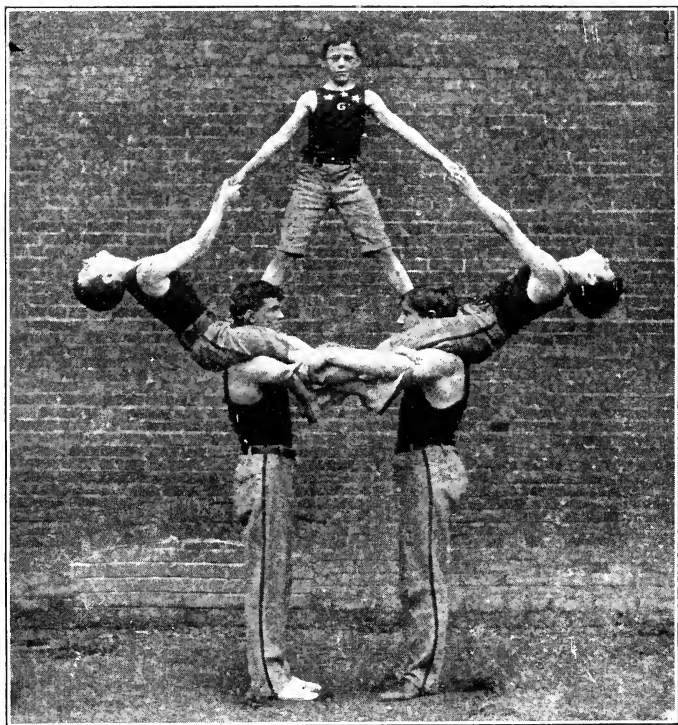


FIGURE NO. II. A number of these in a row or formed in a circle look well. Bottom men may start from kneeling position.

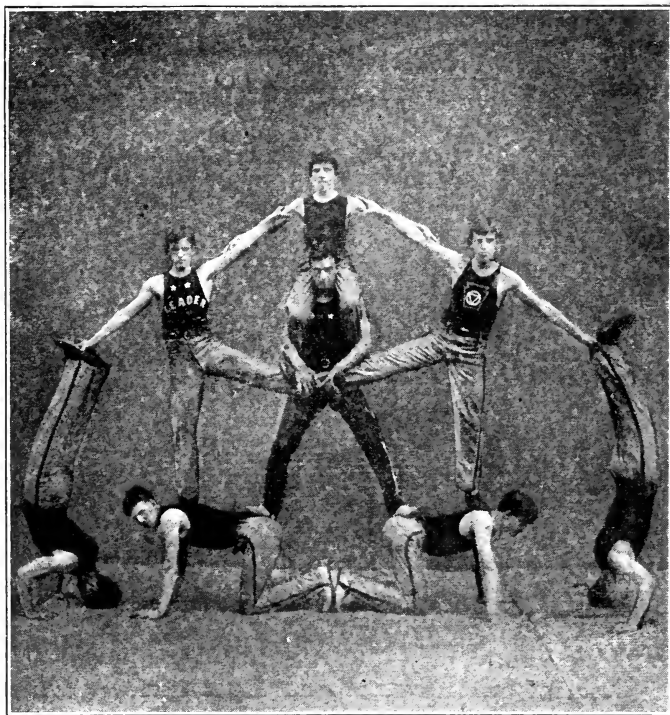


FIGURE NO. 12. All pyramid building, if possible, should be done to counting, clapping hands, whistles, etc. For instance: All men facing front, and at count 1, men kneel, 2 center man raise other to shoulder, 3 step on hips of those kneeling, 4 two men step on shoulders and center grasp ankles, 5 head stands, hold about a minute, 6 push away head stands, 7 side men step down, 8 center man down, 9 center bend front and release man from shoulders, 10 kneeling men to standing position, and 11 all face front at attention. These should be performed snappy and with energy.



FIGURE No. 13. A walking pyramid. Front men lock arms, rear men on outside place hands on shoulder of man in front. The rear men should be strong, as they have to bear most of the weight.

This pyramid may be changed to eight men standing, three kneeling on shoulders, then two and one on top. It is almost too difficult to walk in this position.

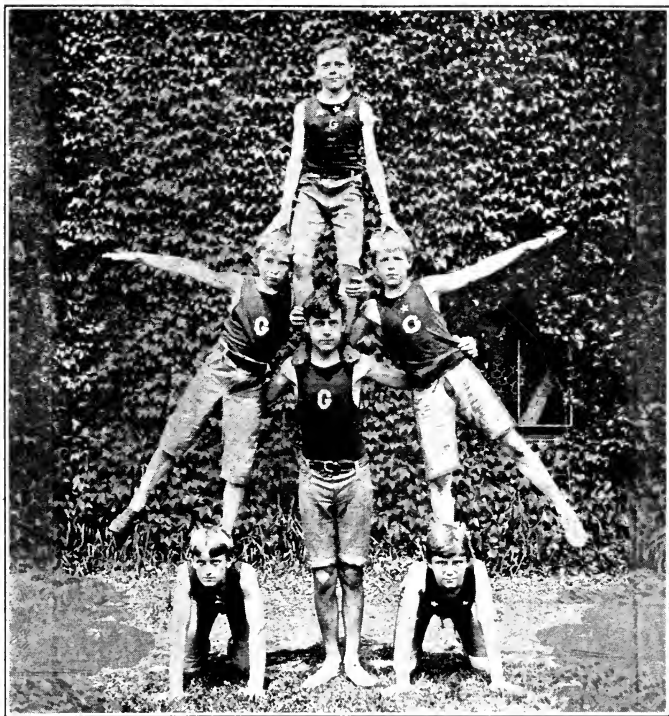


FIGURE NO. 14. A number of these look good and are not difficult. In rows or circle.



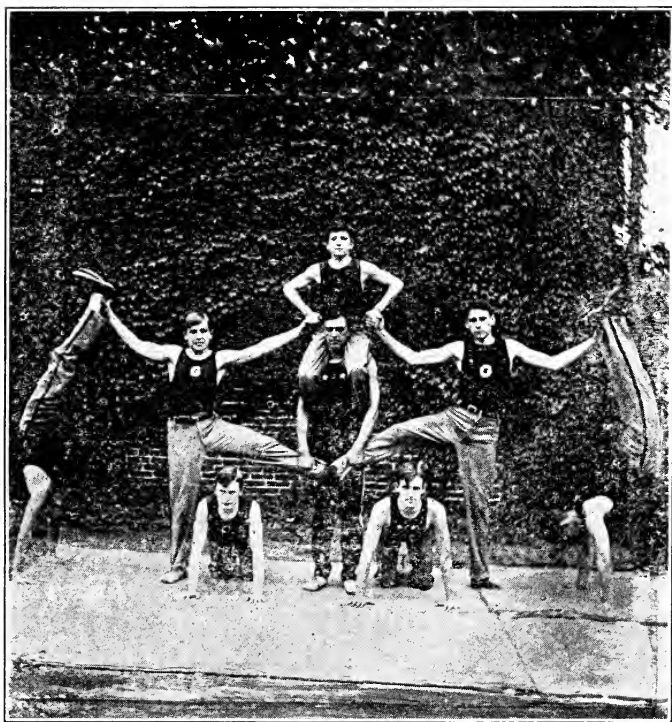


FIGURE NO. 15. The most timid can build this pyramid. It should be the aim in all groups to have graceful lines. It looks more effective in this group to have the men whose legs are being held, incline the body more toward the hand stands, and grasp arms of the one sitting on shoulders rather than hands.



FIGURE No. 16. Have another person stand or sit on top.

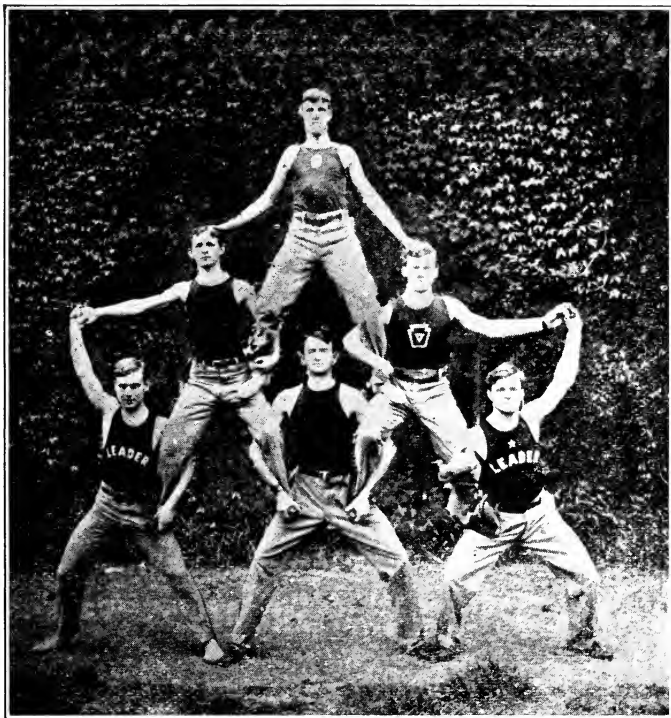


FIGURE No. 17. This group makes a good center piece for complicated pyramids.

It can also be built four high, three high on each side as in figure, two high at sides of three, then a man at each end, hands clasped behind head (head firm) and all squatting. The end men may face out and hold two men doing the hand balance.

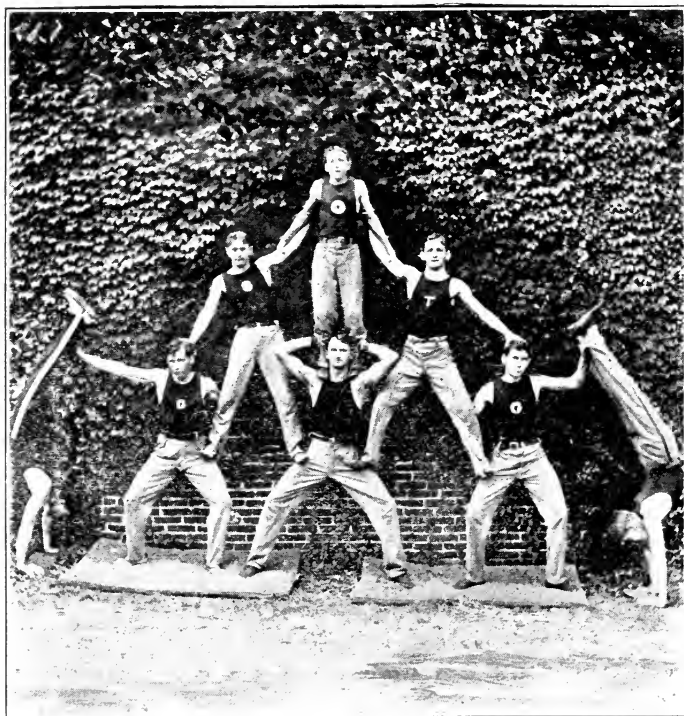


FIGURE No. 18. This figure is somewhat like No. 17 and shows how one pyramid suggests another; in fact, there is no end to the possibility of pyramid building.

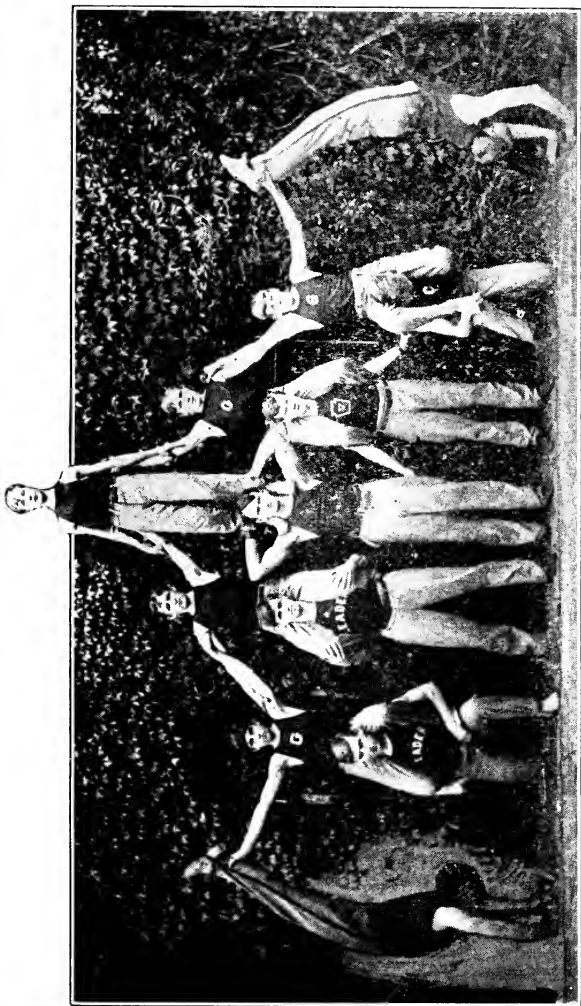


FIGURE No. 19. This group shows how counting can be done to good effect in the building of pyramids. Men stand at attention in about the position that they shall occupy in the pyramid. The men who are now standing and kneeling (except centre) on count 1, bend front and put heads between legs of men in front, 2 raise as in figure, 3 top man mounts on shoulders of centre, 4 hand stands at end, *hold, steady*; 5 push men in the hand balance away, 6 top man jumps front and front roll, 7 men kneeling and standing bend forward until those sitting are standing, 8 those standing perform front roll, 9 the remainder erect and fall forward rigid to front leaning rest, 10 jump to attention.

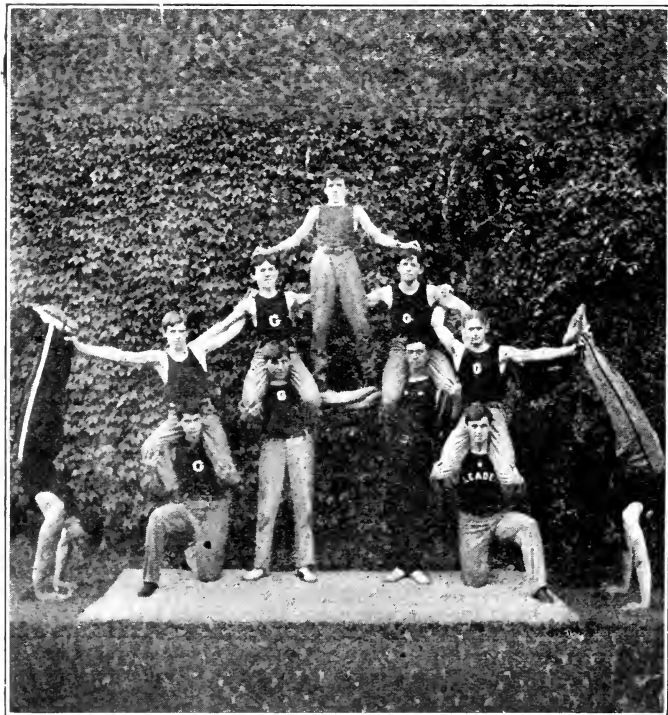


FIGURE No. 20. The right side of this group is too crowded. Try and have uniformity on both sides and plenty of room.



FIGURE No. 21. All kinds of combinations can be made with the smaller pyramids. For instance: Figure 21 for center piece and No. 22 at each side. If a director wishes to use great numbers of men in practice and exhibition it can be accomplished by a combination of small pyramids and looks well.

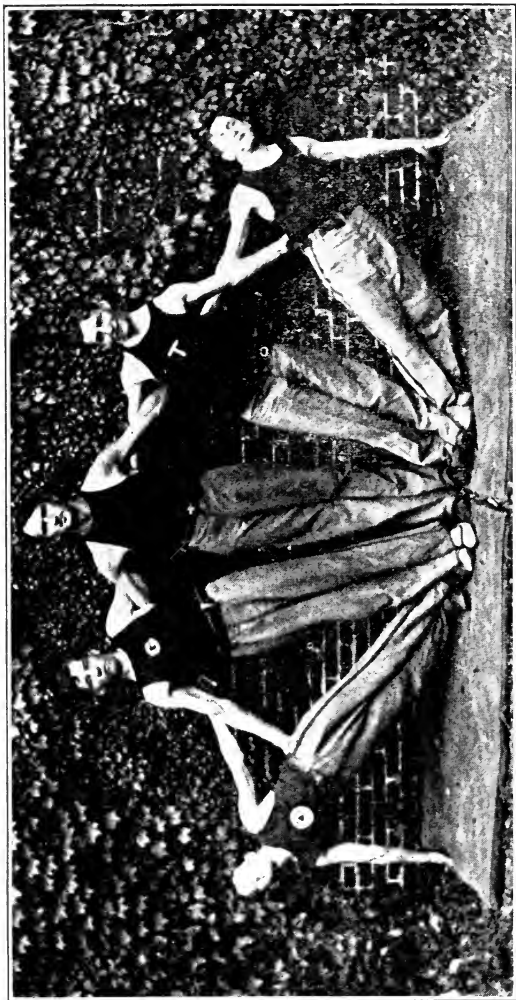


FIGURE No. 22. It is well to give the group a name where one can. Call No. 22 The Human Fan. This makes a very pretty end for many pyramids; also by omitting the second and fourth men. It is easier to hold, in fact all can "drop" into this position at a signal if the centre man has a wooden ring in each hand for 1 and 5 to hold to.

These small pyramids look very well if the performers are dressed as statues, posed on a revolving table with calcium light effects.



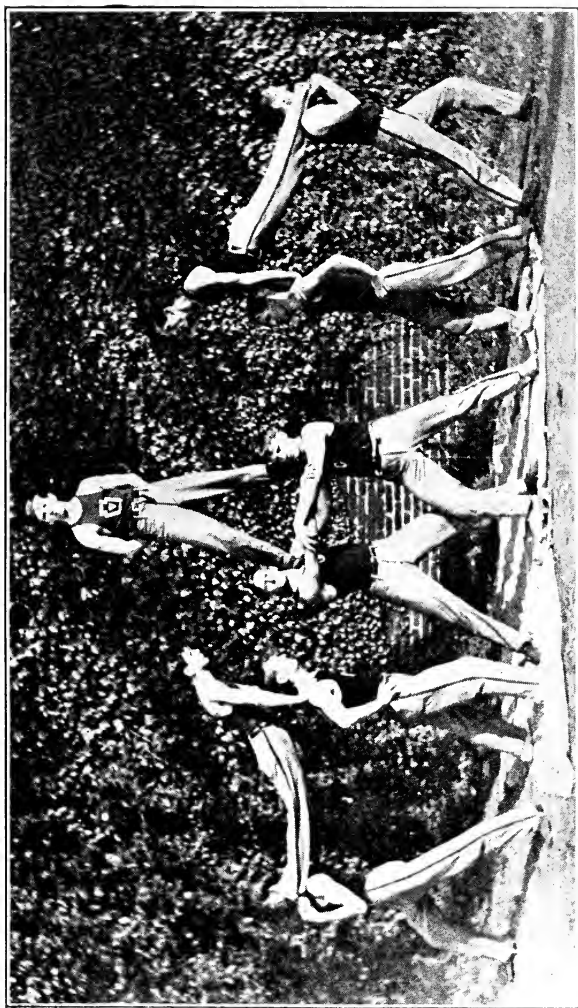


FIGURE No. 23. This is a very easy group to arrange and looks well, especially if the men get a good charge or fall-out position.

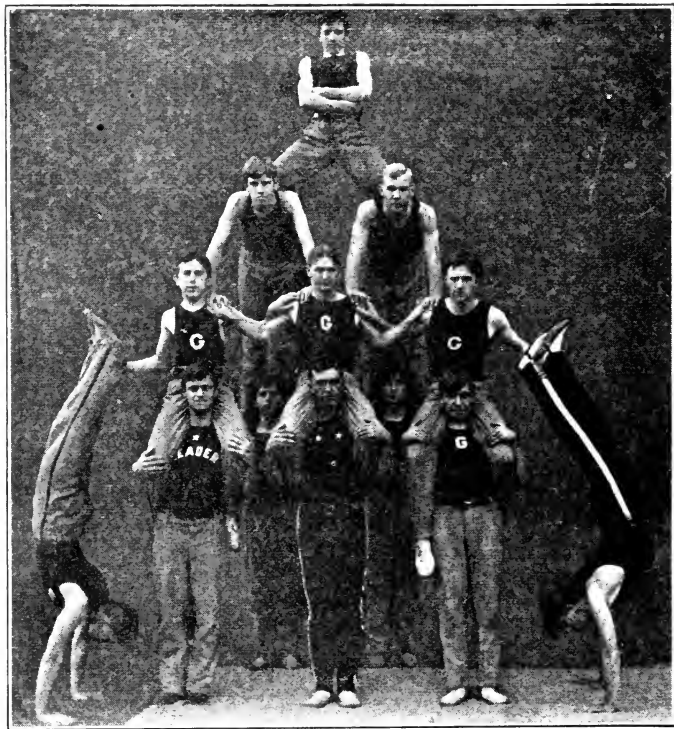


FIGURE NO. 24. The men in front assist those in the rear. Omit the hand balances and it makes a nice center for one of the large pyramids.



FIGURE No. 25. The top man in this group is too heavy. Try and secure men who are light and agile for the top of all pyramids.

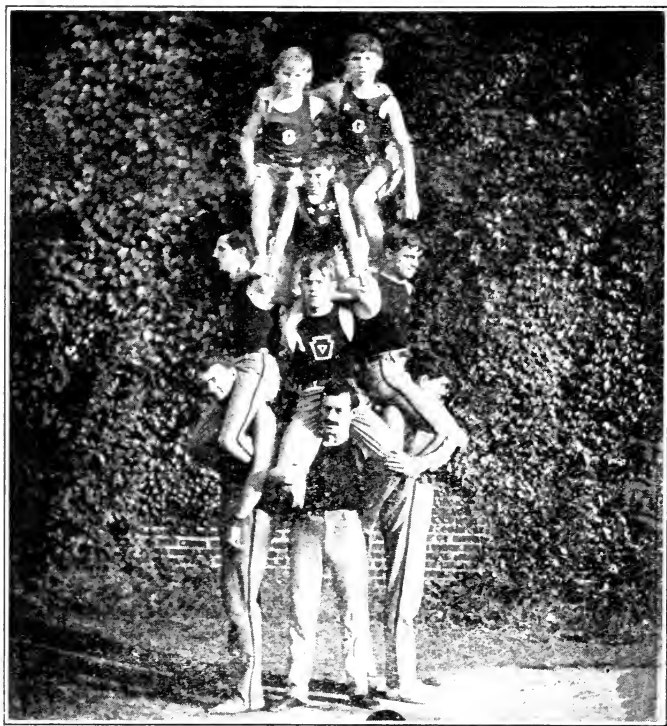


FIGURE No. 26. Four men on bottom, four sitting on shoulders, two standing on shoulders facing each other and hands placed on each other's shoulders, top man sitting on arms.

Build it as in illustration or with one sitting astride or standing on the back of the person kneeling.

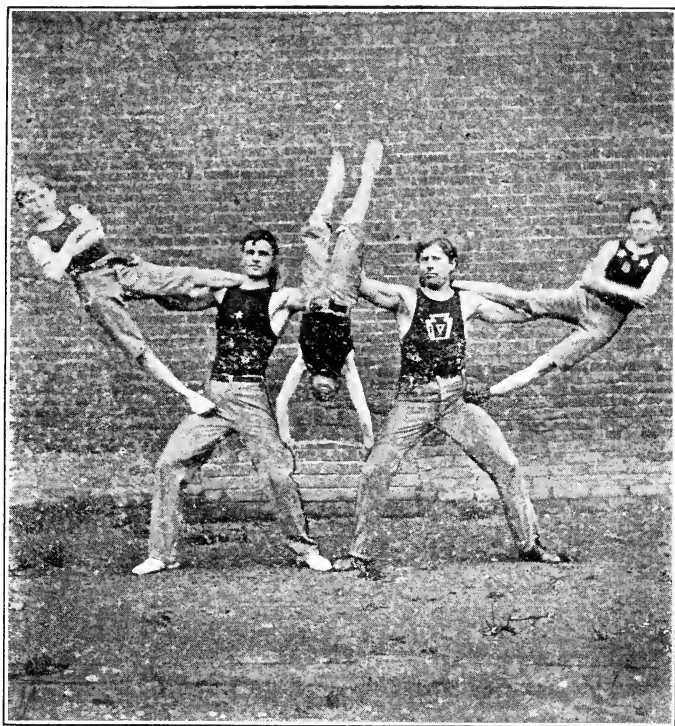


FIGURE 27. A hand balance as in figure, or stand on inside shoulders of ground men.

Instead of a hand balance, stand on thighs of ground men.

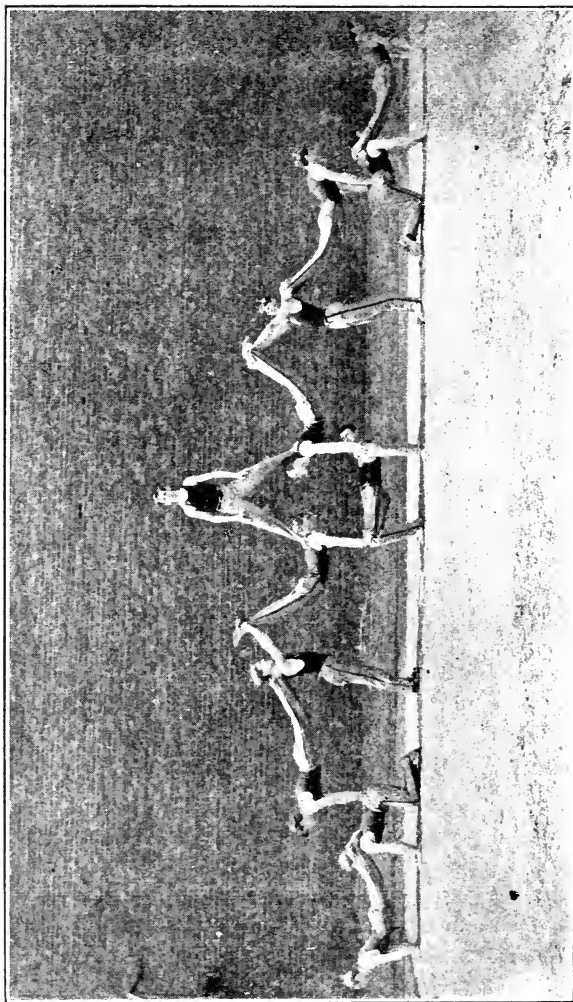


FIGURE No. 28. The human span; always looks graceful when backs are well arched.

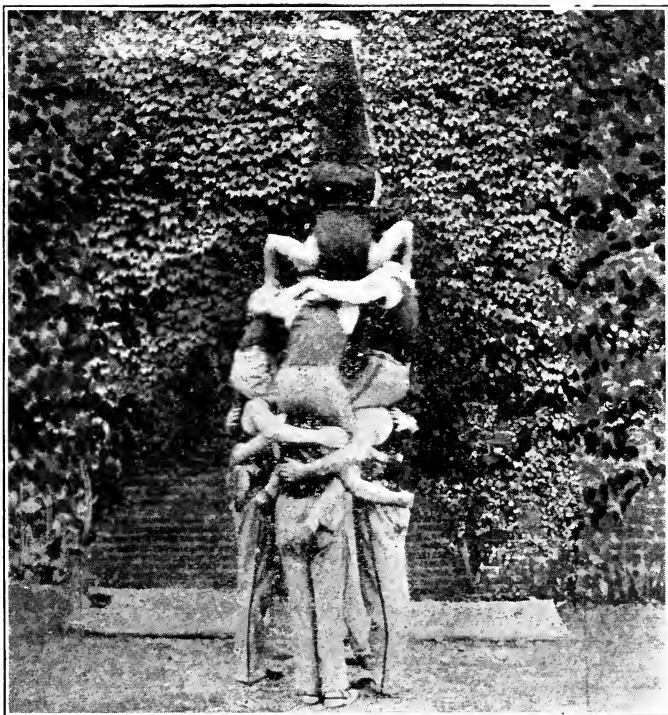


FIGURE No. 29. Three on bottom and three sitting makes the best showing in this pyramid. The men sitting put heads together and form basin for the head stand.

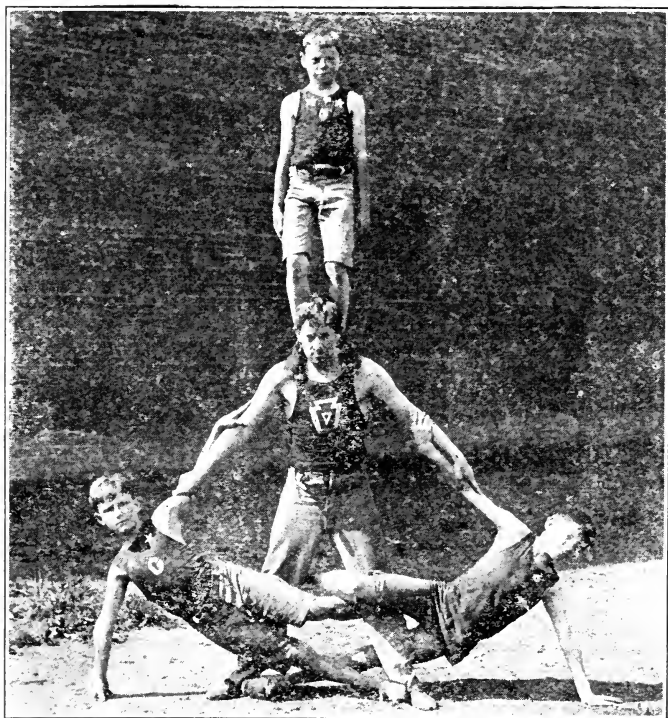


FIGURE No. 30. This group can be used as a center, and for the sides use either Nos. 3, 17, 22, or any of these three will alternate with No. 30.



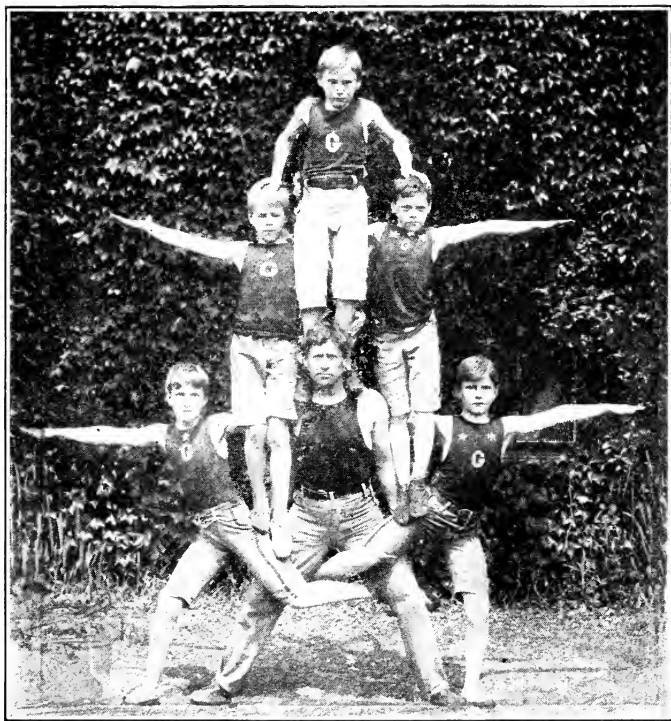


FIGURE NO. 31. In the successful building of pyramids a club should be formed and have a special time for meeting, as nothing can be accomplished unless the same men report for practice.



FIGURE No. 32. Good practice for a center or bottom man.



FIGURE No. 33. From No. 33 form No. 34 or No. 37. It takes "push" to get No. 37 from this position.

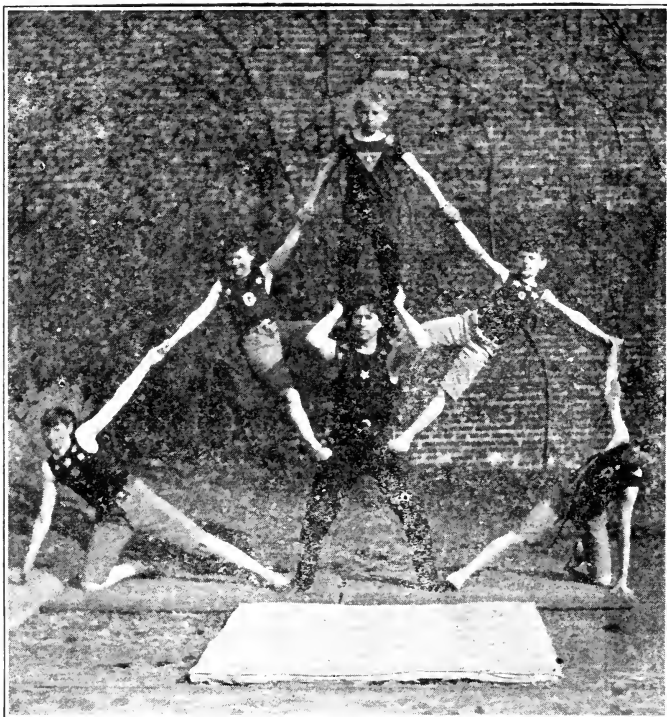


FIGURE NO. 34. The boy on ground on the left has the correct position.



FIGURE NO. 35. Figure No. 27 as a center, No. 35 at each side, makes an unusual looking formation. Men should bend a little more at the waist.



FIGURE No. 36. A good test of balance.



FIGURE NO. 37. Center man revolve in a circle.

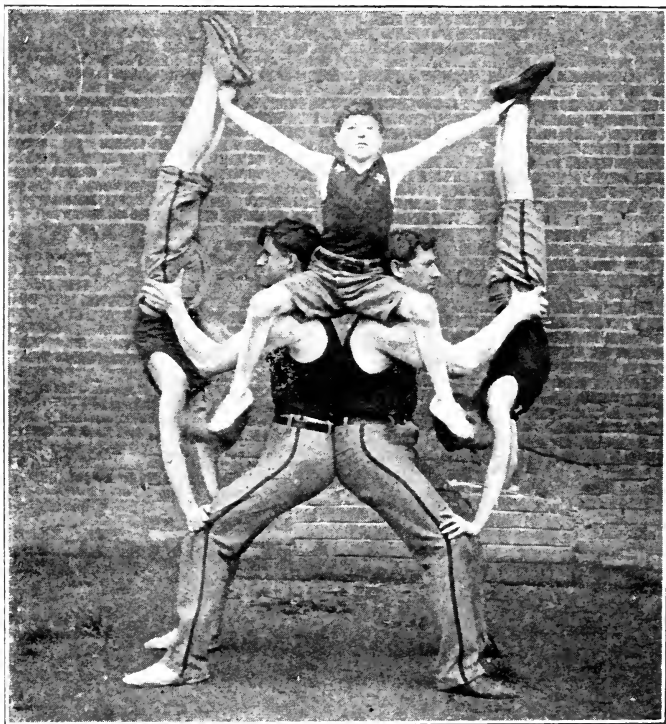


FIGURE NO. 38. A "bracer."



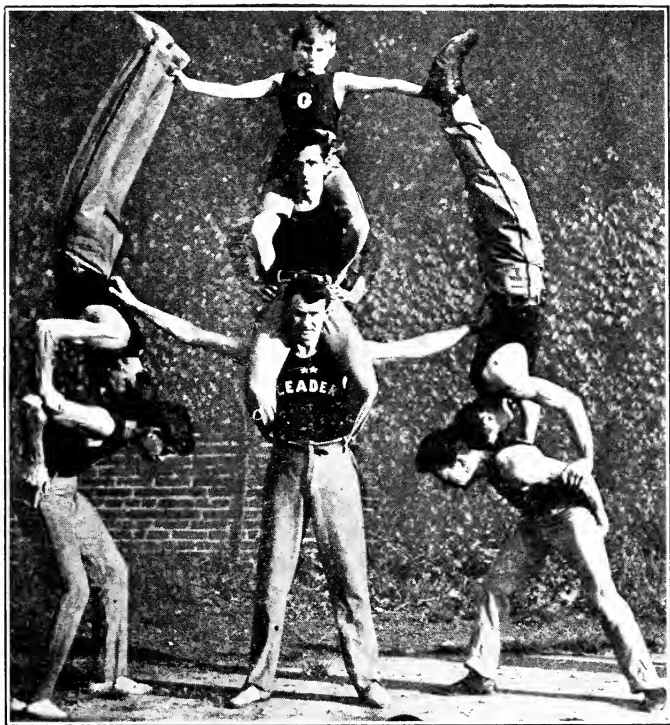


FIGURE No. 39. Atlas outdone.

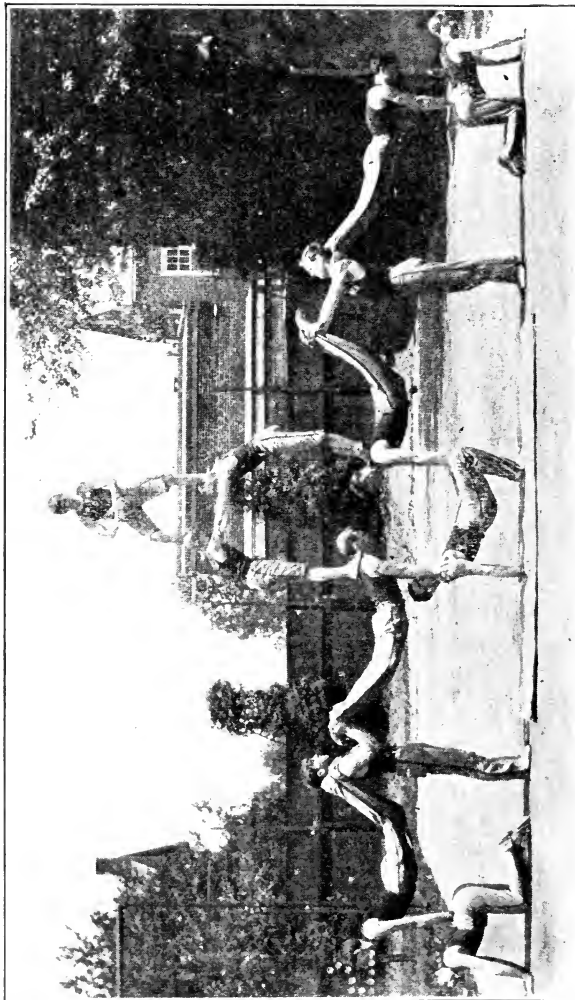


FIGURE No. 40. Another version of the Human Span.

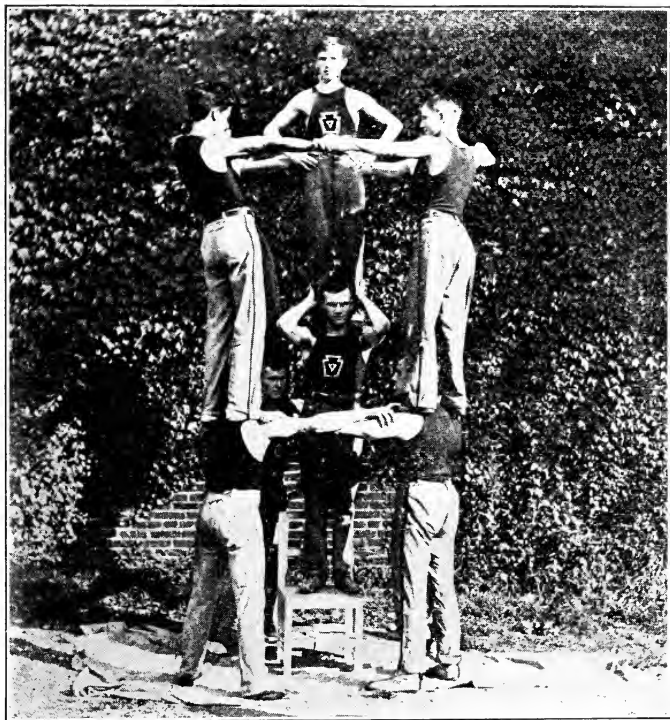


FIGURE NO. 41. The four bottom men should be close together and the four top men spread out more and lean backward.



FIGURE No. 42. To form an excellent pyramid use No. 42 for right and left side. For a center, one man standing with one sitting on his shoulders. Another man sitting or standing on top. The man sitting on center's shoulders has his arms side horizontal to keep man who is standing on shoulders of the one who is doing a back leaning rest from falling backward.



FIGURE No. 43. When this pyramid is dismounting, top man drops in between or at side. At the command bottom men step backward and men on shoulders get close and drop in center.



FIGURE No. 44. This is a neat, well braced group.

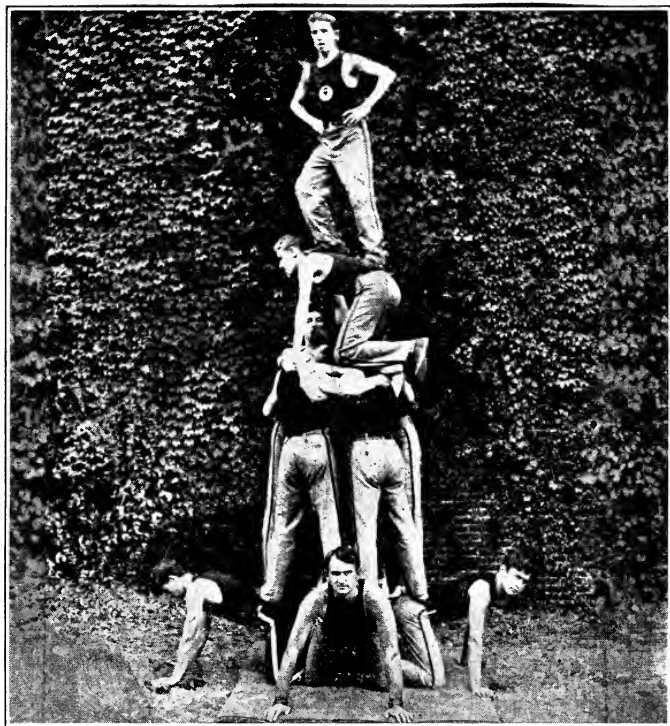


FIGURE NO. 45. This group might look better if the one kneeling on shoulders were facing front.

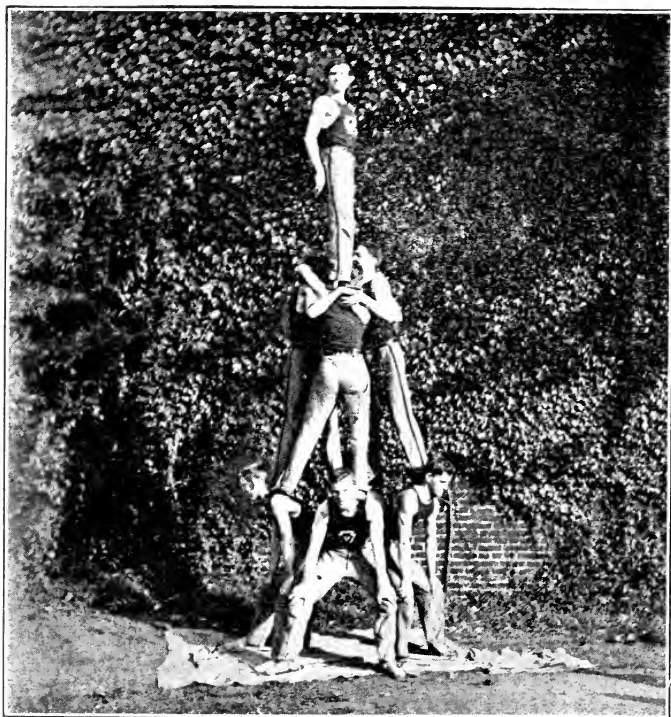


FIGURE No. 46. In dismounting bottom men step forward and perform a front roll.



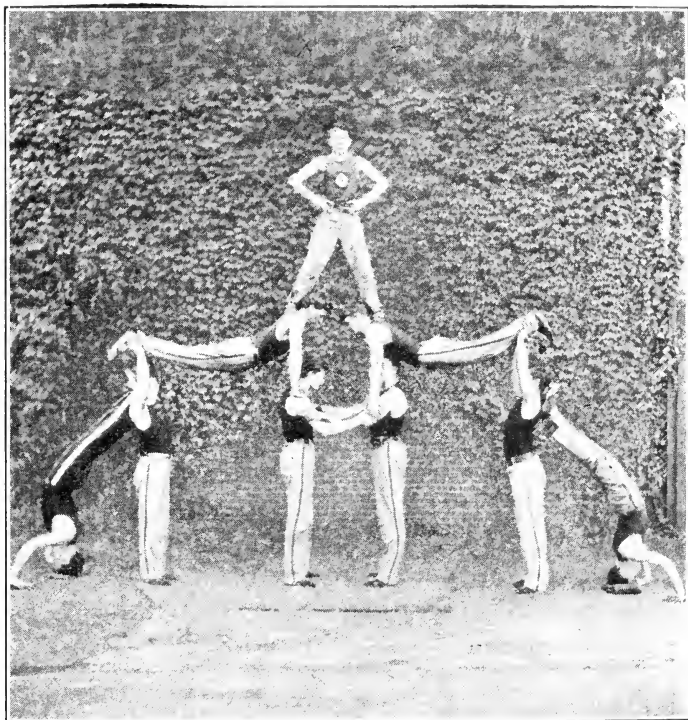


FIGURE No. 47. Two *strong* men can put their heads between the legs of those holding men in front leaning rest and raise them as in Figure No. 50.

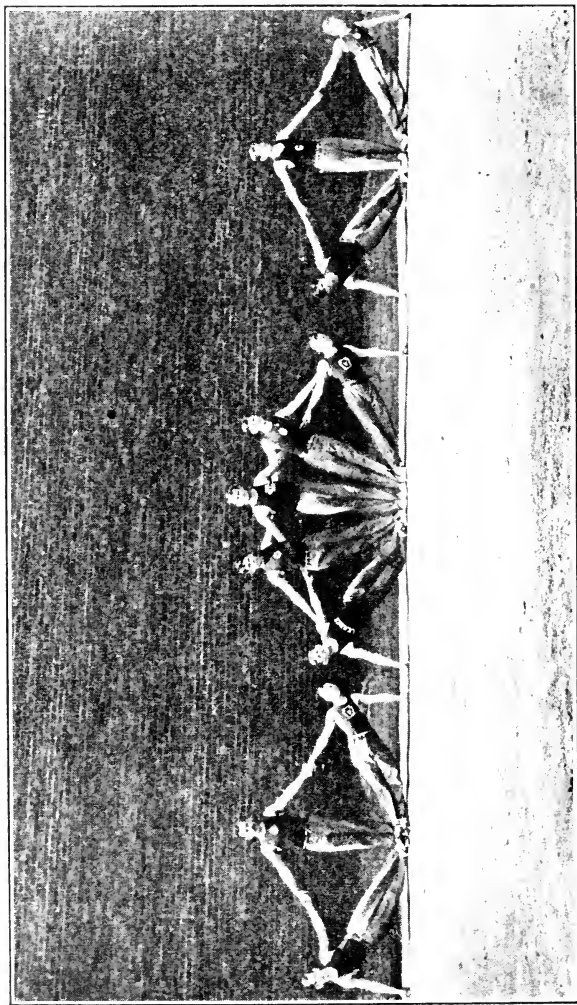


FIGURE No. 48. The fan.



FIGURE No. 49. At the shore.



FIGURE No. 50. "Move up the beach; you draw too large a crowd."

# OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

EVENT.	Group	No.	EVENT,	Group	No.
All-Round Athletic Cham- pionship .....	12	182	Lawn Bowls.....	11	207
A. A. U. Athletic Rules ....	12	311	Lawn Games.....	11	188
A. A. U. Boxing Rules .....	12	311	Lawn Tennis.....	4	4
A. A. U. Gymnastic Rules..	12	311	Obstacle Races.....	12	55
A. A. U. Water Polo Rules..	12	311	Olympic Game Events—Mar- athon Race, Stone Throw- ing with Impetus, Spear Throwing, Hellenic Method of Throwing Discus, Dis- cus, Greek Style for Youths	12	55
A. A. U. Wrestling Rules...	12	311	Pigeon Flying.....	12	55
Archery .....	11	248	Pin Ball .....	12	55
Badminton.....	11	188	Playground Ball.....	1	306
Base Ball.....	1	1	Polo (Equestrian).....	10	199
Indoor .....	9	9	Polo, Rugby .....	12	55
Basket Ball, Official .....	7	7	Polo, Water (A. A. U.) .....	12	311
Collegiate .....	7	312	Potato Racing.....	12	311
Women's.....	7	318	Professional Racing, Shef- field Rules.....	12	55
Water .....	12	55	Public Schools Athletic League Athletic Rules.....	12	313
Basket Goal .....	6	188	Girls' Branch; including Rules for School Games.	12	314
Bat Ball .....	12	55	Push Ball.....	11	170
Betting.....	12	55	Push Ball, Water.....	12	55
Bowling.....	8	8	Quoits .....	11	167
Boxing—A. A. U., Marquis of Queensbury, London	14	162	Racquets .....	11	194
Prize Ring.....	12	55	Revolver Shooting.....	12	55
Broadsword (mounted).....	12	55	Ring Hockey .....	6	180
Caledonian Games.....	13	23	Roller Polo .....	10	10
Canoeing .....	11	189	Roller Skating Rink.....	10	10
Children's Games.....	11	194	Roque.....	11	271
Court Tennis .....	3	3	Rowing .....	13	128
Cricket.....	11	138	Sack Racing.....	12	55
Croquet .....	11	14	Shuffleboard.....	12	55
Curling .....	12	55	Skating.....	13	209
Dog Racing .....	14	165	Skittles.....	12	55
Fencing.....	2	2	Snowshoeing .....	12	55
Foot Ball .....	2	2 A	Squash Racquets.....	11	194
Association (Soccer) .....	12	55	Swimming .....	13	177
English Rugby.....	2	303	Tether Tennis .....	11	188
Rugby (Ontario R. F. U., Quebec R. F. U., Canadian I. C. F. B. U.).....	5	5	Three-Legged Race.....	12	55
Golf.....	6	188	Volley Ball .....	6	188
Golf-Croquet .....	11	13	Wall Scaling.....	12	55
Hand Ball .....	10	188	Walking.....	12	55
Hand Polo .....	11	194	Water Polo (American).....	12	311
Hand Tennis.....	12	55	Water Polo (English).....	12	55
Hitch and Kick.....	6	304	Wicket Polo .....	10	188
Hockey.....	6	6	Wrestling.....	14	236
Ice.....	6	154	Y. M. C. A. All-Round Test	12	302
Field.....	6	188	Y. M. C. A. Athletic Rules..	12	302
Garden .....	6	188	Y. M. C. A. Hand Ball Rules.	12	302
Lawn.....	6	188	Y. M. C. A. Pentathlon Rules.	12	302
Parlor .....	12	55	Y. M. C. A. Volley Ball Rules.	12	302
Ring.....	6	256			
Ontario Hockey Ass'n.....	9	9			
Indoor Base Ball .....	12	307			
Intercollegiate A. A. A. A..	11	201			
Lacrosse.....	11	305			
U. S. I. C. Lacrosse League					

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EUGEN SANDOW, Patentee.

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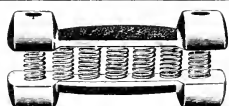
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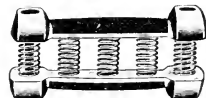
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No. 1E



No. 1F



No. 1B



No. 3A



No. 1



Full Tights



No. 600S



No. 1F



No. 4B



No. 3

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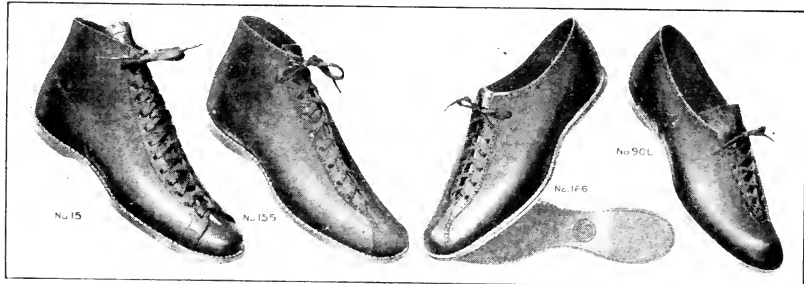
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 No. 166. Low cut shoe, selected leather, extra light and electric sole; ladies' and men's sizes. **3.00**  
 No. 90L. For Ladies. Low cut shoe, good quality black leather, with electric sole and corrugated rubber heel. Very light and well made. Per pair, **\$2.00**

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 No. 20. Low cut; selected leather, electric sole. A very easy and flexible shoe. Per pair, **\$1.75**  
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 No. M. High cut canvas, rubber sole. Pair, **\$1.00** ★ **\$10.20** Doz.  
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 No. E. Low cut canvas shoe, canvas sole. Very popular for gymnasium. Per pair, **35c.**

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 No. OPL. Same as No. PL, except low cut. Per pair, **\$1.25** ★ **\$13.80** Doz.  
 No. OHL. This shoe is the same as our No. BHL shoe, except low cut. Per pair, **\$1.25** ★ **\$13.80** Doz.  
 No. SL. Ladies' gym. shoes, made of selected leather, drab color, high cut. Pair, **\$1.00** ★ **\$10.20** Doz.  
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## BUTTON FRONT

No. VG. Best quality worsted, heavy weight, pearl buttons. Made in Gray, White and Dark Brown Mixture only.

Each, **\$6.00** ★ \$60.00 Doz.

No. DJ. Fine worsted, standard weight, pearl buttons, fine knit edging. Made in Gray, White and Sage Gray only.

Each, **\$5.00** ★ \$54.00 Doz.

No. 3J. Standard weight wool, shaker knit, pearl buttons. In Gray or White only.

Each, **\$4.50** ★ \$48.00 Doz.

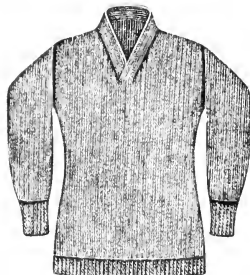


No. VGP

## WITH POCKETS

No. VGP. Best quality worsted, heavy weight, pearl buttons. Made up in Gray or White only. With pocket on either side and a particularly convenient and popular style for golf players.

Each, **\$6.50** ★ \$75.00 Doz.



No. BG

## Spalding Vest Collar Sweaters

No. BC. Best quality worsted, good weight. Gray or White only, with extreme open or low neck.

Each, **\$5.50** ★ \$57.00 Doz.



No. 3JB

## Boys' Jacket Sweater

No. 3JB. This is an all wool jacket sweater, with pearl buttons; furnished in Gray only, and sizes from 30 to 36 inches chest measurement.

Each, **\$3.00** ★ \$33.00 Doz.

SPECIAL NOTICE—We will furnish any of the above solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one half dozen or more. Quantity prices NOT allowed on items NOT marked with ★

Communications addressed to			A. G. SPALDING & BROS.			in any of the following cities will receive attention.		
New York	Philadelphia	Washington	FOR STREET NUMBERS SEE INSIDE FRONT COVER OF THIS BOOK			Chicago	St. Louis	San Francisco
Boston	Pittsburg	Atlanta				Cincinnati	Kansas City	Seattle
Syracuse	Baltimore	New Orleans				Cleveland	Denver	Minneapolis
Buffalo	Montreal, Canada					Columbus	Detroit	St. Paul
			London	Edinburgh, Scotland	Sydney, Australia			

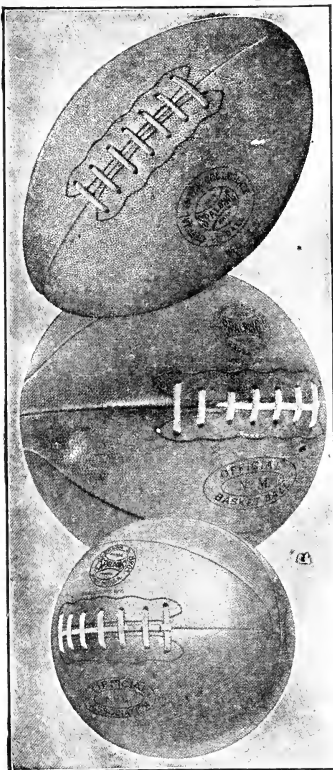
Prices in effect July 5, 1909. Subject to change without notice.

**THE SPALDING**  
**GUARANTEES**  
**QUALITY**



**TRADE-MARK**  
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**SUBSTITUTE**

REG. U. S. PAT. OFF.



### The Spalding Official Intercollegiate Foot Ball

**No. J5.** This is the **only Official Rugby Foot Ball**, and is used in every important match played in America. Guaranteed absolutely if seal of box is unbroken. We pack, with leather case and pure Para rubber bladder, an inflator, lacing needle and rawhide lace. Complete, **\$5.00**

### The Spalding Official Basket Ball

**No. M.** Officially adopted and standard. The cover is made in four sections, with capless ends and of the finest and most carefully selected pebble grain English leather. We take the entire output of this high grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made specially for this ball of extra quality Para rubber. Each ball packed complete in sealed box. Complete, **\$6.00**

### The Spalding Official Association Foot Ball

**No. L.** The case is constructed in four sections with capless ends, neat in appearance and very serviceable. Material and workmanship of highest quality and fully guaranteed. Each ball is packed complete in sealed box, with pure Para rubber guaranteed bladder, foot ball inflator, rawhide lace and lacing needle. Contents guaranteed if seal is unbroken. Complete, **\$5.00**

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**A. G. SPALDING & BROS.**

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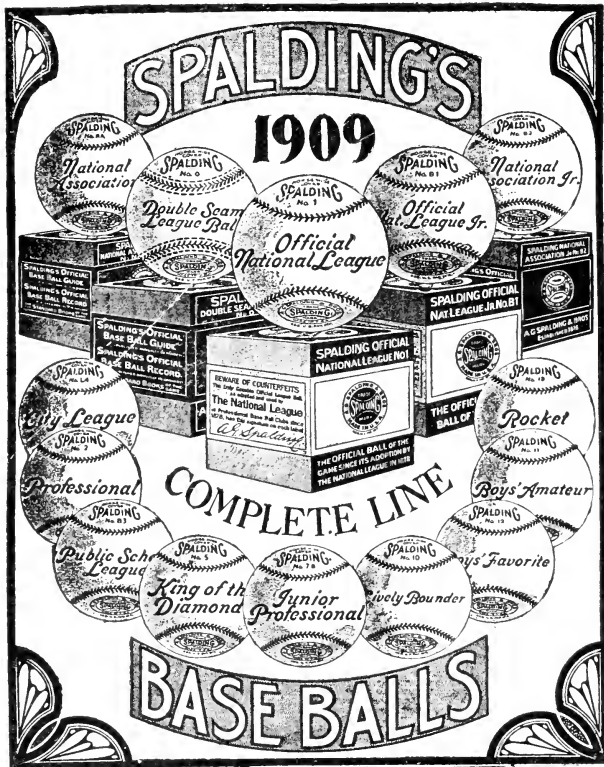
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DR. B. B. FRY, M.D.



**London  
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**A. G. SPALDING & BROS.**

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Atlanta

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Denver  
Seattle**

**Cincinnati  
Kansas City  
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**San Francisco  
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## SPALDING OFFICIAL NATIONAL LEAGUE BALL

The Official Ball of the game for over 30 years. Adopted by the National League in 1878 and the only ball used in championship games since that time. No. 1. Each, \$1.25 Per dozen, \$15.00

### SPALDING OFFICIAL NATIONAL LEAGUE JUNIOR

In every respect same as our Official National League Ball No. 1, except slightly smaller in size. Especially designed for junior clubs (composed of boys under 16 years of age) and all games in which this ball is used will be recognized as legal games. No. B1. Each, \$1.00

#### Spalding National Association Ball

No. NA. Made in exact accordance with the rules governing the National and American Leagues and all clubs under the National Agreement. Ea., \$1.00. Doz., \$12.00

#### Spalding National Association Jr.

No. B2. In every respect same as our National Association Ball No. NA, except slightly smaller in size. . . . . Each, 75c.

#### Spalding Public School League

No. B3. A well made junior size ball. Splendid for general practice by boys' teams. Each, 50c.

#### Spalding King of the Diamond

No. 5. Full size, of good material, horsehide cover. . . Each, 25c.

#### Spalding Junior Professional

No. 7B. Slightly under regular size, horsehide cover and very lively. . . . . Each, 25c.

#### Spalding Boys' Amateur Ball

No. 11. Nearly regulation size and weight, the best ball for the money on the market; one dozen balls in a box. . . . Each, 10c.

#### Spalding Double Seam League Ball

No. 0. Made with same care and of same material as our Official National League Ball. The double seam is used in its construction, rendering it doubly secure against ripping. Each, \$1.50 Doz., \$18.00

#### Spalding City League

No. 14. Full size and weight. Very well made and excellent for general practice. Ea., 75c. Doz., \$9.00

#### Spalding Professional

No. 2. Full size ball. Made of carefully selected material and first-class quality. . . . Each, 50c.

#### Spalding Lively Bounder

No. 10. Horsehide cover; the inside is all rubber, making it the liveliest ball ever offered at the price. . . . . Each, 25c.

#### Spalding Boys' Favorite

No. 12. A good boys' lively ball; two-piece cover. Packed one dozen balls in a box. Each, 10c.

#### Spalding Rocket Ball

No. 13. A good bounding ball; boys' size. One dozen balls in a box. . . . . Each, 5c.

London England		Communications addressed to <b>A. G. SPALDING &amp; BROS.</b> in any of the following cities will receive attention <small>For street numbers see inside front cover of this book</small>						Edinburgh Scotland	
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*Prices in effect January 5, 1909. Subject to change without notice.*

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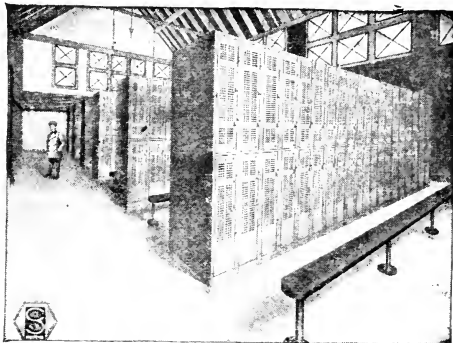
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# Durand-Steel Lockers

**Wooden lockers are objectionable**, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

**Lockers made from wire mesh or expanded metal afford little security**, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

**Durand-Steel Lockers** are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.



Some of the 6,000 Durand-Steel Lockers installed in the Public Gymnasiums of Chicago. 12'x15'x42", Double Tier.

**Durand-Steel Lockers** are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

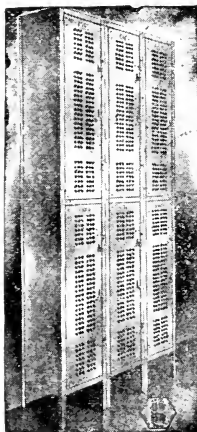
**The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers**, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE  
THOSE MOST COMMONLY USED:

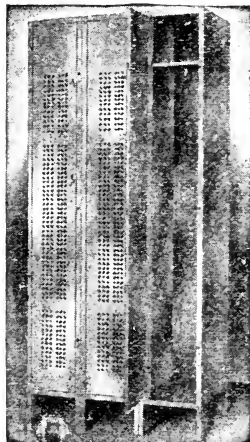
DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.



Six Lockers in Double Tier



Three Lockers in Single Tier

Communications  
addressed to

**A. G. SPALDING & BROS.**

in any of the following  
cities will receive attention

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Minneapolis  
Seattle

Prices in effect January 5, 1909. Subject to change without notice.

# THE following index from Spalding's latest Catalogues will give an idea of the great variety of Athletic Goods manufactured by A. G. Spalding & Bros.

Ankle Brace, Skate  
Archery  
Ash Bars  
Athletic Library  
Attachments, Chest Weight

Bags, Bathing Suit  
Bags, Caddy  
Bags, Cricket  
Bags, Uniform  
Balls, Base  
Balls, Basket  
Ball Cleaner, Golf  
Balls, Cricket  
Balls, Golf  
Balls, Playground  
Balls, Squash  
Balls, Tennis  
Bandages, Elastic  
Bar Bells  
Bar Stalls  
Bars, Parallel  
Bases, Base Ball  
Bases, Indoor  
Basket Ball Wear  
Bathing Suits  
Bats, Base Ball  
Bats, Cricket  
Bats, Indoor  
Batting Cage, Base Ball  
Belts  
Bladders, Basket Ball  
Bladders, Foot Ball  
Bladders, Striking Bags  
Blades, Fencing  
Blouses, Umpire  
Boxing Gloves

Caddy Badges  
Caps, Base Ball  
Caps, University  
Caps, Skull  
Center Forks, Iron  
Center Straps, Canvas  
Chest Weights  
Coats, Base Ball  
Collars, Swimming  
Combination Uniforms  
Corks, Running  
Cricket Goods  
Croquet Goods  
Cross Bars

Discus, Olympic  
Discs, Marking  
Discs, Rubber Golf  
Disks, Striking Bag  
Dumb Bells

Emblems  
Equestrian Polo  
Exerciser, Home  
Exhibition Clubs

Fencing Sticks  
Field Hockey  
Finger Protection  
Flags, College  
Flags, Marking  
Foil, Fencing  
Foot Balls, Association  
Foot Balls, Rugby  
Foot Ball Goal Nets  
Foot Ball Timer  
Foul Flags

Gloves, Base Ball  
Gloves, Cricket  
Gloves, Fencing  
Gloves, Golf  
Gloves, Handball  
Gloves, Hockey  
Glove Softener  
Goals, Basket Ball  
Goal Cage, Polo  
Goals, Foot Ball  
Goals, Hockey  
Golf Clubs  
Golf Counters  
Golfette  
Grips, Athletic  
Grips, Golf  
Guy Ropes and Pegs  
Gymnasium, Home  
Gymnasium Board, Home

Hammers, Athletic  
Handballs  
Handle Cover, Rubber  
Hangers for Indian Clubs  
Hats, University  
Head Harness  
Health Pull  
Hob Nails  
Hockey Sticks  
Hole Cutter, Golf  
Hole Kim, Golf  
Horizontal Bars  
Hurdles, Safety

Indoor Base Ball  
Indian Clubs  
Inflaters, Foot Ball  
Inflaters, Striking Bag  
Jackets, Fencing  
Jackets, Foot Ball  
Jackets, Swimming  
Jerseys  
Knee Protectors  
Knickerbockers, Foot Ball

Lace, Foot Ball  
Lanes for Sprints  
Lawn Bowls  
Leg Guards, Cricket  
Leg Guards, Foot Ball  
Leg Guards, Hockey  
Leg Guards, Polo  
Letters, Embroidered  
Letters, Woven  
Lockers, Durand-Steel

Mallet, Cricket  
Markers, Tennis  
Masks, Base Ball  
Masks, Fencing  
Masks, Nose  
Masseur, Abdominal  
Mattresses  
Medicine Balls  
Megaphones  
Mitts, Base Ball  
Mitts, Handball  
Mitts, Striking Bag  
Moccasins  
Mouthpiece, Foot Ball  
Needle, Lacing  
Nets, Tennis  
Net, Volley Ball  
Numbers, Competitors

Pad, Chamois, Fencing  
Pads, Foot Ball  
Paint, Golf  
Pants, Base Ball  
Pants, Basket Ball  
Pants, Boys' Knee  
Pants, Foot Ball  
Pants, Hockey  
Pants, Roller Polo  
Pants, Running  
Pistol, Starter's  
Plastrons, Fencing  
Plates, Base Ball Shoe  
Plates, Home  
Plates, Marking  
Plates, Pitchers' Box  
Plates, Teeing  
Platforms, Striking Bag  
Poles, Ski  
Poles, Vaulting  
Polo, Roller, Goods  
Protector, Abdomen  
Protector, Elbow  
Protector, Polo  
Protection for Running Shoes  
Pucks, Hockey  
Push Ball  
Pushers, Chamois  
Puttees, Golf

Quantity Prices  
Quoits

Racket Covers  
Rackets, Lawn Tennis  
Racket Presses  
Rackets Restrung  
Rapiers  
Reels for Tennis Posts  
Referees' Horns  
Referees' Whistle  
Rings, Exercising  
Rings, Swinging  
Rowing Machines  
Roque

Scabbards for Skates  
Score Board, Golf  
Score Books, Base Ball  
Score Books, Basket Ball  
Score Books, Cricket  
Score Books, Golf  
Score Books, Tennis  
Scoring Tablets, Base Ball  
Seven-Foot Circle  
Shin Guards, Association  
Shin Guards, Rugby  
Shin Guards, Hockey  
Shin Guards, Polo  
Shirts, Base Ball  
Shirts, Basket Ball  
Shirts, Sleeveless  
Shoes, Base Ball  
Shoes, Basket Ball  
Shoes, Bowling  
Shoes, Cross Country  
Shoe, Cricket  
Shoes, Fencing  
Shoes, Foot Ball, Association  
Shoes, Foot Ball, Rugby  
Shoes, Golf  
Shoes, Gymnasium  
Shoes, Jumping  
Shoes, Running

Shoes, Skating  
Shoes, Squash  
Shoes, Tennis  
Shot, Indoor  
Shot, Massage  
Skate Bags  
Skates, Hockey  
Skate Holders  
Skates, Ice  
Skates, Racing  
Skates, Rink, Ice  
Skate Rollers  
Skates, Roller  
Skates, Tubular  
Skate Straps  
Skis  
Sleeve Bands, College  
Slippers, Bathing  
Snow Shoes  
Squash Goods  
Standards, Vaulting  
Standards, Volley Ball  
Starters' Pistol  
Steel Cable  
Sticks, Polo  
Stockings  
Stop Boards  
Striking Bags  
Studs, Golf  
Stumps and Bails  
Suits, Union, Foot Ball  
Supporters  
Supporters, Ankle  
Supporters, Wrist  
Suspensories  
Sweaters  
Swimming Suits  
Swivel Striking Bags  
Swords, Fencing  
Swords, Duelling  
Tackling Machine  
Take off Board  
Tapes, Adhesive  
Tapes, Marking  
Tapes, Measuring  
Tees, Golf  
Tennis Posts  
Tether Tennis  
Tights  
Toboggans  
Toboggan Cushions  
Toboggan Toe Caps  
Toe Boards  
Toques  
Trapeze, Adjustable  
Trapeze, Single  
Trousers, Y. M. C. A.  
Trunks, Bathing  
Trunks, Velvet  
Trunks, Worsted  
Umpire Indicator  
Uniforms, Base Ball  
Varnish for Gut  
Volley Balls  
Water Polo Ball  
Wands, Calisthenic  
Watches, Stop  
Water Wings  
Weights, 50-lb.  
Whistles, Referees'  
Whitely Exerciser  
Wrist Machine

# Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not even expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

Positively, nobody; not even officers, managers, salesmen or other employees of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*  
PRESIDENT

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NOV 18 1909









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